

Willowbend Surgery Center

FOR PATIENTS RECEIVING GENERAL ANESTHESIA

Things to know after scheduling your surgery:

- If you have ever had **ANY** of the following medical conditions you will need to go see your primary doctor for clearance **within 30 days of surgery** to undergo general anesthesia:
 - High blood pressure
 - Heart disease/ heart attack/ pacemaker /stent placement/ Arrhythmias
 - Diabetes
 - Asthma /Sleep Apnea/ COPD / Breathing related disorders
 - Shortness of breath
 - Recent cold, flu, COVID, or upper respiratory infections
 - Anemia
 - Taking blood thinners
 - Are an active smoker
 - Taking diet pills -Phentermine
 - Over the age of 65 years old
 - History of hepatitis, tuberculosis, or MRSA

****If you have ANY history of heart disease you may need to see your cardiologist prior to surgery. Our surgery scheduler will give you more information if this applies to you. ****

- Lab work is **REQUIRED** and must be completed **NO SOONER** than 14 days before surgery. Please let the surgery scheduler know which of the following options you would prefer:
 - Have your primary doctor draw your labs work
 - Go to any “Quest Diagnostic's” lab most convenient to you
 - Have lab work drawn in our Plano office

BLOOD THINNERS

- Stop over the counter blood thinner such as Advil, aspirin, fish oil, or Meloxicam **7 days prior to surgery**.
- If you are taking a **prescribed blood thinner** you will need to discuss stopping the medication with the doctor that prescribed it. See the list of common blood thinners:
 - Celebrex
 - Coumadin
 - Diclofnac (Cambia)
 - Eliquis (Apixaban)
 - Etodolac (Lidine)
 - Lovenox (Enoxaparin Sodium)
 - Pradaxa
 - Plavix (Clopidogrel)
 - Vitamin K
 - Warfarin

The night before your surgery:

- Do NOT have anything to eat or drink 8 hours prior to surgery. (If you choose to eat within that time frame undigested food may cause complications with your anesthesia and your surgery WILL be rescheduled for your safety.)
- Do NOT smoke after midnight as it may cause prolonged bleeding and delayed healing.
- Do NOT shave the operative area the night prior to surgery.
- Please complete your patient forms via DOCUSIGN. You will receive an email prior to your surgery from the surgery scheduler containing admission paperwork.

The morning of your surgery:

- Removal all jewelry prior to arrival.
- Take a shower the night before with antibacterial soap (Dial or Safeguard)
- If you wear contacts please remove them prior to arrival, wear glasses, or bring your storage case.
- Please arrive at the surgery center one hour prior to your scheduled surgery start time.
- Please ensure you have a responsible adult to take you home after your surgery and be present for discharge instructions. You **MAY NOT** use ridesharing or public transportation. If you need transportation assistance, please let one of our staff members know.
- If you take insulin, please BRING the bottle of insulin with you to your appointment. **DO NOT TAKE** insulin prior to arrival.